

The Fingal Centre, Portree - Pool Programme

Thursday 19th February- Thursday 2nd April 2026

The Fingal Centre

| Viewfield Road, Portree IV51 9ET

| TEL: 01478 614819

Monday	7.00	9.00	9.30	1.00	1.15	2.00	2.00	3.00		3.50	5.30	6.00	9.00		
	Lane Swim		School Lessons		Aquacise		Adults Only			Swimming Lessons			Open Swim		
Tuesday	7.00	9.00	9.30	1.00	1.00	2.00	2.00	3.00		3.50	5.30	6:15	8:00	8.00	9.00
	Lane Swim		School Lessons		Open Swim		Additional Support Swimming			Swimming Lessons			Open Swim		Adults Only
Wednesday	7.00	9.00	9.30	1.00	1.00	2.00	CLOSED STAFF TRAINING			3.50	5.30	6:15	7:00	7.00	9.00
	Lane Swim		School Lessons		Open Swim					Swimming Lessons		Aquacise		Open Swim	
Thursday	7.00	9.00	9.30	1.00	1.00	2.00	2.00	2.45		3.50	5.30	6.00	9.00		
	Lane Swim		School Lessons		Open Swim		Aquacise			Swimming Lessons		Lane Swim / Skye Tri Club			
Friday	7.00	9.00	9.30	1.00	1.00	2.00	2.15	3.00		3.30	4.30	5.00	7.00		
	Lane Swim		School Lessons		Open Swim		Family Friendly (Raised floor only)			Swimming Lessons		Open Swim			
Saturday		9.00	10.00	10.15	11.15	11.45	12.45	1.15	2.15	2.15	4.00				
		Open Swim		Family Friendly (Raised floor only)		Fun Session		Additional Support Swimming		Open Swim					
Sunday			10.00	11.15	11.30	12.30	1.00	2.00	2.30	4.00					
			Lane Swim		Fun Session		Family Friendly (Raised floor only)		Open Swim						

Booking online for Family Friendly, Fun Session and Fitness Classes (Aquacise) is required.



Floats and toys available

STANDARD ADMISSION POLICY

Children aged 0-3 years must be accompanied by an adult on a 1:1 basis.

Children aged 4-7 must be accompanied by an adult on a ratio of 1 adult: 2 children

Open Swim

All ages and abilities welcome. Standard admission policy applies

Family Friendly

Raised floor. Change to admission policy 1 adult: 2 children (0-7 years). Admission to this session must include a child less than 8 years. All those attending must book online or by phone.

Fun Session

Family fun swim for all age groups. Standard admission policy applies.



The Fingal Centre, Portree – Dryside/Class Programme
Monday 5th January – Thursday 2nd April 2026
In-Service Days- 16th/17th February (look out for alternate timetable)

Group Fitness Classes			Fitness Suite	
Monday	Circuits	7.00 – 7.30am	Mondays & Wednesdays	
	Aquafit	1.15 – 2.00pm		7.00am – 8.30am
	Step Fit (HIIT)	5.30 – 6.00pm		4.00pm – 9.00pm
Tuesday	Pilates	5.30 – 6.30pm	Tuesdays & Thursdays	
Wednesday	Cycle Fit (HIIT)	5.30 – 6.00pm	7.00am – 8.30am	
	Aquafit	6.15 – 7.00pm	5.00pm – 9.00pm	
Thursday	Pilates	7.00 – 7.45am	Fridays	
	Aquafit	2.00 – 2.45pm	7.00am-8.30am	
	Zumba	6.00 – 7.00pm	3.00pm – 7.00pm	
Friday	Fat Burn Extreme	7.00 – 7.30am	Saturdays Sunday	
	Indoor Cycling	5.30 – 6.15pm		
Sunday	Cycle Fit (HIIT)	10.15 – 10.45am	9.00am – 4.00pm	10.00am – 4.00pm
SHOWERS AVAILABLE DURING FITNESS SUITE				
OPENING HOURS ABOVE				
Programme Guidance Notes Classes must be booked online or by telephone. No need to book for the Fitness Suite.				
Prices Standard U18/066 Fitness Class £8.55 £5.15 Fitness Suite £9.75 £5.80 Shower £4.00 £2.35 Budget Members/Disability 50p for all activities				